

Masters of All They Surveyed

As regular visitors to the club website will be aware, Worcester Athletic Club has an excellent team of female Veteran/Masters track and field athletes. This is part of the athletic club's "sport for all" approach. Rather than simply catering for youngsters, which they do very well indeed, the club also supports Veteran/Masters athletics for people aged 35 and over, with the oldest active team member being around 80 years old.

The 2019 season was another extremely successful year for these slightly older but still very fit ladies within the club. For the 7th year in a row they completed the season as winners of the Midland Veteran's League, South Midlands Division.



Photo by Phil Taynton

The picture shows three of the squad receiving the League Trophy at the Worcester Athletic Club's awards evening. Left to right:

Iris Holder,
Melanie Garland and
Nicola Guiver.

The club is fortunate to have good training facilities, dedicated coaches, plus female athletes that train hard and are prepared to help out at a range of different disciplines, recognising that it's a team competition.

Sadly the 2020 season looks as though it could be wiped out by coronavirus, but like everyone else the athletes will wait to see how things develop over the coming weeks and months.

However, just before UK Athletics were forced to put a stop to all competitions, the **British Masters (Indoor) Athletics Championships** took place at Lee Valley.

Four of the successful Worcester AC ladies team made the long trek to North London in order to compete against the best Masters athletes from across the UK, several of these also being European and World Championship medallists. The competition was divided into 5 year age bands and our local athletes performed as follows...

Becky Selvey (W45) 200m 6th place in 31.10s – a lifetime best time
400m 4th place in 68.65s

Angela Bryant (W55) 60m 4th place in 9.25s – a seasons best time
200m 3rd place in 31.75s – Bronze Medal and a season's best time
400m 4th place in 88.72s – a season's best time

Melanie Garland (W55) 60m 2nd place in 9.04s – Silver Medal and a season's best time
200m 2nd place in 31.12s – Silver Medal
Triple Jump 1st place with 9.57m – **British Champion** and a season's best
Long Jump 1st place with 4.81m – **British Champion** and a lifetime best
High Jump 1st place with 1.30m - **British Champion** and a season's best
Discus 3rd place with 19.50m – Bronze Medal and a season's best distance

Iris Holder (W75) 60m 1st place with 11.57s - **British Champion**
Triple Jump 1st place with 6.35m - **British Champion**

These Worcester AC athletes did our club proud as they delivered a string of impressive performances at the 2020 British (Indoor) Championships.

Melanie Garland's Long Jump (see photo) and also her Triple Jump were the longest jumps ever recorded in the British (indoor) Championships by a female athlete in this age group.



Photo by Tom Phillips

Sadly, this is likely to be their final opportunity to compete for quite a while. All four of these ladies were due to be representing **Team GB** in the **European (indoor) Masters Championships in Braga, Northern Portugal**, but the event was cancelled on medical advice. Over 3000 athletes from 51 countries were expected to participate, with our Worcester quartet hoping to be amongst the medals.